



## Family Physical Activity Jar

**1. Begin with a jar** – Use markers to create a label that says “Physical Activity Jar” then attach it to your jar. Next, write physical activities on small slips of paper, fold them in half, and put them in the jar.

**2. Sample Activities** – Play catch, play tag, Jumping Jacks, Yoga, Go for a walk, Go for a bike ride, dance off, fly a kite, tennis, build a snowman, yard work, sit-ups, push-ups, jog in place, ice skating, sledding, kickball, hopscotch, Frisbee, rollerblading, relay race, etc. Update the activities often to add season appropriate activities and variety. *Update the activities often to keep variety and to include season appropriate activities.*

**3. Play the game** – When ever you are having family time pull out the jar and take turns choosing a physical activity to do.

